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## Few premiers are feeling the love: Poll

**LEADERS** Not too many people in Ontario approve of our premier, according to an Angus Reid Poll released yesterday, but when it comes to provincial leaders, Dalton McGuinty is not alone.

A survey of 7,000 Canadians shows that only two premiers are getting positive reviews by their residents. Danny Williams in Newfoundland and Labrador is loved by 80 per cent of the residents there, while in Saskatchewan, Brad Wall has a 56 per cent approval rating.

The majority of leaders, though, are getting thumbs down in their respective provinces. McGuinty's disapproval rating is 52 per cent. That's slightly better than Quebec Premier Jean Charest (53 per cent disapproval) and Alberta Premier Ed Stelmach (63 per cent disapproval).

TIM WIECLAWSKI/METRO OTTAWA

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**Food pg 12**

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Mayor Larry O'Brien gets a squeeze from Hydro Ottawa's conservation owl before proclaiming March 27 Earth Hour Day in Ottawa yesterday. In 2009, people in more than 4,000 cities in 88 countries participated in Earth Hour, which encourages residents and businesses to shut off all non-essential electric lights for one hour. Story, page 3.

## In case of emergency

New national response plan to combat any possible disasters

The government has released an "all-hazards" national emergency response plan four months after it was chastised for not having one approved by cabinet.

The plan outlines the responsibilities departments and agencies have in national or provincial emergencies, as well as international ones that could affect Canada.

"It outlines the processes and mechanisms needed for an integrated response to an emergency," Public Safety Minister Vic Toews said yesterday.

"It will help to ensure that the government's response to an emergency is seamless and timely and that key decisions can be made quickly when disaster strikes."



Public Safety Minister Vic Toews announces a national emergency response plan in Ottawa yesterday, beside emergency personnel taking part in a mock contamination.

Largely logistical in nature, the plan touches on virtually every conceivable natural or man-made disaster, from toxic spills and plane or train crashes to earthquakes, deadly storms

and pandemics.

It also addresses government roles in tackling "cyber incidents" and terrorism — all in the name of protecting lives, property, national security and the economy.

### Recent troubles

• Canada has endured wide-scale emergencies in recent years including the swine-flu pandemic, the 2003 SARS outbreak, numerous severe floods, and the 1998 ice storm in Ontario and Quebec.

In November, auditor general Sheila Fraser said Public Safety Canada — the agency responsible for co-ordinating the federal crisis response — had not completed an emergency blueprint, nor had the document received formal approval.

That was two years after Parliament gave the department the lead on crisis management. **THE CANADIAN PRESS**

## Seniors' groups receive millions

TIM WIECLAWSKI  
tim.wieclawski@metronews.ca

**FUNDING** Due to declining mobility, seniors tend to run in small social circles, but seniors' groups are getting some help from the federal government to gain more reach in their communities.

Minister of State for Seniors Diane Ablonczy and Ottawa West-Nepean MP John Baird announced \$15.8 million to help fund 842 programs Canada-wide through the government's New Horizons Program yesterday.

Around 18 organizations in Ottawa received funding through the program.

L'Arche Ottawa received \$25,000 to create a calendar of events for seniors in the Ottawa West area.

"Right now, what you find is people who are with St. Richard's Church only go to St. Richard's Church events," said Raphael Amato, the development officer with L'Arche Ottawa. "They won't go to St. Maurice, which is less than a kilometre away, because they don't know what's going on."

Amato said they hope to be able to distribute one-year calendars sometime around September.

L'Arche Ottawa is in the process of gathering events from different organizations that are open to people outside their parish, home or support group.

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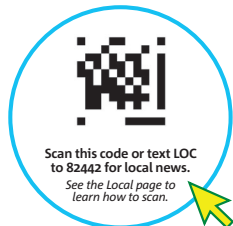
3

# Local



## Suspect sought in touching incident

Police are asking the public to help identify a suspect after a woman was inappropriately touched in the elevator of an apartment building in the 200 block of Friel Street earlier this month. At 10:20 p.m. on March 6, a 22-year-old woman was followed by an unknown male and touched twice. Police are seeking an English-speaking black male, 20 to 30 years old, five feet, two to four inches tall with a medium build, a round face and a goatee. METRO OTTAWA



## Police seek man in sexual assault

**INVESTIGATION** Police are seeking a suspect after a woman was sexually assaulted on the Mackenzie King Bridge Saturday.

Around 2:30 a.m., an unknown male approached a 25-year-old woman from behind as she was walking eastbound on the Mackenzie King Bridge from Elgin Street, police said yesterday. The woman was inappropriately touched.

The male was last seen running eastbound on the bridge toward the Rideau Centre.

Police are seeking a male, around five feet, 11 inches tall, weighing 175 pounds. He was wearing athletic clothing, a black mask and gloves. METRO OTTAWA

## Citizens to kill lights for city's darkest hour

Ottawa launches participation in March 27 outage campaign

TRACEY TONG  
tracy.tong@metronews.ca

### Ottawa's darkest hour ever could be coming.

But don't drag out the emergency supplies yet. Held on March 27, Earth Hour — which encourages city residents and businesses to shut off all non-essential electric lights between 8:30 and 9:30 p.m. — has grown in popularity among Ottawans every year.

In its first year in Ottawa in 2008, the event resulted in a four per cent decrease in energy consumption as compared to the same time period the week before. Last year, that decrease was six per cent.

"Ottawa has been the first city in Canada to switch off its lights in answer to WWF Toronto's call to pledge support for the planet," said Mayor Larry O'Brien during the launch of the third annual awareness campaign outside city hall yesterday.

"Earth Hour is an excellent opportunity for our city to reflect on ... what we can do as individuals to make sure the planet is

well served by its citizens," said O'Brien, who proclaimed March 27 as Earth Hour Day.

Despite the name of the event, "this event is about more than just one hour," said president and CEO of Hydro Ottawa Rosemarie Leclair.

"Earth Hour is very much about raising consciousness and awareness. It's about making a difference through very simple actions and about creating a more sustainable future."

### Global event

- Last year, more than 4,000 cities in 88 countries, including 280 cities across Canada, participated in Earth Hour.
- So far this year, more than 105 countries have signed up for the event, said Craig Stewart of WWF Canada.

reducing the power in my house but I practise Earth Hour every day of the year, by using our blue and black boxes and now our green bin," said Grade 7 student Kyra Lambert.

The Green party is hosting a candlelight vigil on Parliament Hill to commemorate Earth Hour. When the lights go off at Parliament Hill on March 27, participants will join in the global Earth Hour movement to call for immediate action on climate change issues.



Macdonald-Laurier Institute for Public Policy managing director Dr. Brian Crowley, left, listens as Calvin Helin, a co-author of the study Free to Learn: Giving Aboriginal Youth Control Over Their Post-Secondary Education, speaks yesterday.

## Empower First Nations students, change current funding, says study

**EDUCATION** The regulations that govern the funding of post-secondary education for First Nations students are in need of a major overhaul, a study released yesterday by Ottawa think-tank Macdonald-Laurier Institute for Public Policy stated.

The study criticizes the current Post-Secondary Student Support Program, run by the Ministry of Indian and Northern Affairs, which entrusts \$300 million to regional band councils for distribution to indi-

vidual students.

"The current funding system has failed the test of accountability," said Calvin Helin, aboriginal businessman and co-author of the study. "There is documentation of surplus funds being used by bands for non-eligible expenses, students being waitlisted, widespread allegations of nepotism and off-reserve students facing difficulties getting funds."

The proposed Aboriginal Post-Secondary Saving Account would phase out the current system, replacing it

with one in which funding is transferred directly from the government to Indian students.

The APSSA would see \$4,000 deposited at birth, and an additional \$3,000 deposited for every completed grade from 6-12.

"There is an element of incentive, but the fundamental change was to empower students to be able to make decisions for themselves," said Dave Snow, co-author of the study.

MIRANDA MINASSIAN/  
FOR METRO OTTAWA

## Students treated to aboriginal culture workshop

**MUSEUM** Ottawa students continued learning during March Break when a local expert on aboriginal culture gave demonstrations at the Museum of Civilization yesterday.

Ottawa native Pauline Brook showed visitors

how to make talking feathers, which are an essential part of aboriginal culture, said Brook, a Métis who has been giving workshops on aboriginal culture for 20 years.

The purpose of the workshop was to show

people how to achieve harmony with one another and to celebrate similarities and differences between different cultures while giving children a fun activity at the same time.

ANDREW SZTEIN/  
FOR METRO OTTAWA

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What's online today.

**Blogs** Kenya Hunt checks in with 70s-inspired threads at Paris Fashion Week and Backbeat fearlessly lists the greatest singers of all time

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The Alcohol and Gaming Commission of Ontario is investigating allegations a Belleville, Ont., bar served an 18-year-old man who was later charged with murdering two people in nearby Mount View. A spokesperson said the commission received information Dean Brown of Belleville was seen drinking at Matt and Joe's nightclub last Thursday night. **THE CANADIAN PRESS**

**Bar allegedly served 18-year-old accused of murder**

# Canada



## Calgary gorilla ponders escape

More monkey business at the Calgary Zoo yesterday — involving a gorilla — has led to a zookeeper's suspension. The Calgary Zoo confirmed it suspended an "experienced" zookeeper for failing to properly secure the gorilla's outdoor exhibit that allowed seven-year-old Shana to leap from a pile of ice and onto the perimeter screen glass. Calgary zoo director of conservation Cathy Gaviller said the shy gorilla perched briefly atop the fence, but leapt back into the outdoor habitat when an employee spotted him. **METRO CALGARY**

## Snowmobilers oppose rules

**Snowmobilers remain opposed to having their back-country fun regulated despite a weekend avalanche that killed two Alberta men and injured 31 others.**

"We're not in favour of regulating the back country for users," Les Auston, executive director of the B.C. Snowmobile Federation, said yesterday.

"There's all types of users out there and regulations require enforcement and all of that stuff. That would probably be a nightmare."

British Columbia is wide open when it comes to snowmobile use.

Users don't require any kind of licence to drive, there is no minimum age and no helmet requirement.

The machines themselves don't have licence plates, only a one-time registration sticker that is not readily accessible to police through their computer systems, said Al Hodgson, president of the Association of B.C. Snowmobile Clubs.

Most other provinces

and U.S. states regulate snowmobilers and their sleds more strictly, he said.

The dead and injured were spectators or participants at the Big Iron Shoot-Out near Revelstoke late Saturday afternoon when a massive slide estimated at 10 metres high engulfed them.

The Canadian Avalanche Centre had issued warnings about extreme conditions for the area.

Competitors were involved in something called "high-marking," where they race their high-performance machines up the mountainside to see who can reach the furthest.

Witnesses have suggested the few that were doing this on Saturday may have set loose the huge slab of snow.

Online forums and comments to the news stories posted online have included angry and incredulous responses from readers who say anyone participating in the weekend event should be billed for rescue services.

But Auston said instead of regulation, his federa-



Search and rescue workers stand amongst wreckage and debris Sunday where a large avalanche occurred near Revelstoke, B.C.

tion favours better education about avalanche risks.

"This is about people making better informed

personal decisions when they're out in the back country," he said from Victoria. **THE CANADIAN PRESS**

## Liberals propose cutting back on MP mailouts

**POLITICS** Those one-page MP mailouts that have been stuffing Canadian mail boxes — and blue boxes — while ruffling feathers in the House of Commons for the last two years are "essential to our democracy," a Conservative cabinet minister said yesterday.

Steven Fletcher, minister of state for democratic reform, was responding to a Liberal motion that would see MP mailing privileges restricted to their own ridings and could save taxpayers up to \$10 million each year.

The measure was part of a non-binding Opposition day motion in the Commons designed to roll back government advertising, travel, use of consultants and the size of the federal cabinet — all adding up to savings the Liberals claim would total more than \$1 billion annually.

But the most pointed debate centred on the most easily achievable of the proposed measures and the one that, arguably, would be most appreciated by Canadian taxpayers.

Ten per centers — so named because MPs can

## \$10M

Figures released by the Commons show that MP printing costs doubled from 2005 to 2009, hitting \$10 million last year when 38 of the top 40 spenders were Conservatives.

send the taxpayer-funded flyers to distant voters in numbers equal to 10 per cent of their riding — have been arriving on Canadian doorsteps in dramatically increasing numbers since the Conservatives came to office in 2006.

The Canadian Taxpayers Federation gave one of its annual waste awards to the "junk mailer program" last week, noting that "as our deficit skyrocketed, MPs hiked up their usage of these flyers to tell us about everything but the deficit."

**THE CANADIAN PRESS**



More seniors are embracing a new sexual identity.

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## Community groups squeezed by cuts to Internet program

**FUNDING** The Conservative government is quietly cutting funding to hundreds of community groups and even hospitals that provide free Internet access to Canadians who might not otherwise have a chance to get online.

Organizations that benefit from Industry Canada's 16-year-old Community Access Program began receiving letters last week informing them that sites located within 25 kilometres of a public library would no longer be eligible for cash.

Groups had been receiving between \$4,000 and \$5,000 a year to buy computers and other hardware; to pay for technical support and skills training; and sometimes to pay for the connection bills. Organizations that have used the program include employment and youth centres, ESL programs, libraries, and seniors groups.

**THE CANADIAN PRESS**

## Spain A faraway protest



Animal rights demonstrators, smeared with fake blood, protest against Canada's annual seal hunt in front of the Commercial Office of Canada at Catalunya Square in Barcelona, Spain, yesterday. March 15 marked the International Day of Action Against Seal Hunting.

## News in brief

**SHOOTING** A former RCMP watchdog isn't accepting the force's argument that it couldn't launch a disciplinary review into the conduct of an officer who fatally shot a Nova Scotia man in his home in

2008. Last week, the RCMP said it didn't carry out an internal review of Const. Jeremy Frenette in the shooting death of 44-year-old John Simon. **CRIME** Aboriginal gangs are proliferating across Canada as

criminal organizations exploit the intense poverty and squalid conditions that many First Nations youth live in, says a top officer with the RCMP's aboriginal police division.

**THE CANADIAN PRESS**

## Home prices to rise this spring: RBC

**REAL ESTATE** Home prices will continue to rise this spring as buyers scramble to close deals ahead of expected higher interest rates, new mortgage rules and new taxes in two key markets.

A report by RBC Economics yesterday found that the cost of owning a home in Canada rose slightly across all housing segments in the last months of 2009.

Strong demand, fuelled by low mortgage rates, has increased competition for the limited supply of homes for sale, driving the price of homes up further, according to the report.

RBC senior economist Robert Hogue said the problem is likely to get worse with an anticipated rise in interest rates in the second half of the year.

Historically low interest rates have been cited

## Smaller gains

February's year-over-year gain was much smaller than in the previous three months, CREA said. Part of the reason was that February home sales were down in Vancouver as the Olympics impacted activity there even as sales in Toronto logged an equally large gain.

among reasons for the strong housing market, with sales of existing homes moving higher again in February and setting monthly records in both Ontario and Quebec.

The Canadian Real Estate Association said 36,275 homes were sold across the country in February, up 44 per cent from the same month in 2009.

**THE CANADIAN PRESS**





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## Comment

# Max sets own course

## NationalReport

### Lawrence Martin

metronews.ca/nationalreport

The most intriguing Conservative in Ottawa these days is Maxime Bernier. The Quebecer, who was bounced from cabinet a couple years ago, separates himself from others in his party because he isn't afraid to speak his mind.

Most all other Conservatives have sadly been reduced to courtiers and toadies for fear of what might happen to them if they say anything off cue.

Bernier fell from grace as a result of his affair with Julie Couillard, the woman who hung around with biker gangs. She subsequently wrote a book, quoting Bernier as calling the prime minister a

control freak among other things. Mad Max, as the tall, charismatic Bernier is sometimes called, figures he has no future under Harper. So why not rock the boat.

In speeches, he's come out against the need for big stimulus to get the country out of the recession. As well, he sees no need for government activism to combat climate change. In one speech he put a new twist on the famous line from

John F. Kennedy. Said Bernier, "Don't ask what your country can do for you. Ask your government to get out of the way."

His Darwinian musings have prompted some observers to suggest he is openly challenging Harper, aiming at a leadership run. That's a bit of a stretch. But it was interesting to note that in a speech to the Preston Manning Institute on the weekend, he was full of praise for the goals of the old Reform Party, but failed to mention Stephen Harper once. That raised a few more eyebrows.

On Quebec policy, Mad Max is far to the right of the party, arguing that free-market policy prescriptions are the way to Quebecers' hearts. In his riding of La Beauce he is hugely popular, winning by a giant margin — even after "bikergate."

Bernier is also the only Conservative MP to run his own blog. Garth Turner, the one Tory who tried that before, was hoofed out of the caucus for not toeing the party line.

Bernier sounds like he wants to bring the politics of Ronald Reagan north of the border. It's a bit early for anyone to start thinking of the Conservative leadership. But should Harper not get a majority in the next election, which will be his fourth kick at the can, it may be time.

Meanwhile, it's nice to see a Conservative who has the courage to air his views. Bernier had better watch his back, though. It's not a government that takes kindly to this type of thing.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Maxime Bernier

## Views

# Racing to eliminate the stigma of cancer

## LiveStrong

### Lance Armstrong

Before cancer touched my own life, I rarely thought about the disease.

When I was 25, it nearly killed me. An advanced form of cancer had spread throughout my body. My chances of surviving were poor. Even more remote was the possibility that I'd be able to compete as a professional cyclist again.

After two surgeries and four rounds of chemotherapy, I was still alive. And because I had an excellent medical team, the support of my family and friends

and a strong determination to live, the greatest days of my career and my life still lay ahead of me.

Thirteen years later, if I had to choose between winning the Tour de France and having cancer, I would choose cancer. I consider myself lucky for the experience, and because of that I feel a strong commitment to help everyone affected by cancer triumph over this disease.

Cancer touches every life on Earth. It is projected to be the leading cause of death worldwide this year, claiming more of us than AIDS, tuberculosis and malaria combined. Twenty-eight million people struggle with it and if current trends continue, the number of new cases could triple by 2030.

But in many parts of the

world, we don't talk about cancer. We hide it because we're afraid we could lose our jobs or our friends. Some of us fear that our children will be sent home from school because their mom or dad has cancer. Many people believe cancer is contagious or that people who get cancer bring it on themselves. And the most common theme by far — a cancer diagnosis means certain death.

Molebatsi Poee-Shongwe, founder of the South African cancer organization BreastSens, says that many people with cancer believe that when signs of their condition and its treatment become obvious, their communities will believe they have AIDS. Like cancer, this disease also brings moral judgment and persecution

along with it.

Molebatsi illustrates the situation with a story: "A young woman refused treatment — mastectomy and chemotherapy because concern that breast loss will severely hinder her marriage prospects. She, by default, chose to die rather than face the ferociousness of stigma."

Death by cancer is tragic. More tragic is losing a friend or a loved one when we could have saved them. We hope to inspire people to speak out about their experiences with cancer. If we unite, discrimination and ignorance cannot stand against us.

Lance Armstrong is a cancer survivor, champion cyclist and founder and chairman of LIVESTRONG, an organization that fights for the 28 million people around the world affected by cancer www.LIVESTRONG.org

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## Worth mentioning

# Tigers on the verge of extinction, UN reports

The world has "failed miserably" at protecting tigers in the wild, bringing an animal that is a symbol for many cultures and religions to "the verge of extinction," a top official with the United Nations wildlife agency said yesterday.

Willem Wijnstekers, the secretary general of the 175-nation Convention on International Trade in Endangered Species, called on countries to come up with strategies, and co-operate with international agencies such as Interpol, to end poaching and illegal trade in tiger products.

"We must admit that we have failed miserably," Wijnstekers said at the two-

week conference in the Gulf state of Qatar. "Although the tiger has been prized throughout history

... it is now literally on the verge of extinction."

Tigers are poached for their skins and parts of their bodies are prized for decoration and traditional medicine. Delegates at the UN conference will also consider the spike in rhino poaching and ways to combat criminal networks involved in the

illegal trade in horns in parts of Africa and Asia. All in all, there are 42 proposals on the table, ranging from stopping elephant poaching to banning trade in polar bear skins.

THE ASSOCIATED PRESS



## Endangered

- Just 20 years ago there were 100,000 tigers in Asia, but now only 3,200 remain in the wild, according to Willem Wijnstekers, the secretary general of the 175-nation Convention on International Trade in Endangered Species.

Tell us your views by email to [ottawaleaders@metronews.ca](mailto:ottawaleaders@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metroottawa  
Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Dung watch should fetch top dollar**

A Swiss watchmaker is hoping to raise a stink with an expensive timepiece made of dinosaur dung. Artya says the watch set in fossilized feces will sell for about \$12,000. **THE ASSOCIATED PRESS**

7

# World

## U.S. steps up heat on Israeli construction

**The Obama administration is demanding that Israel call off a contentious building project in east Jerusalem and make a public gesture toward the Palestinians to help defuse one of the worst U.S.-Israeli feuds in memory, officials on both sides said yesterday.**

But Prime Minister Benjamin Netanyahu showed little sign of yielding, saying Jewish construction in east Jerusalem "in no way" hurts Palestinians. A Jerusalem city spokesman suggested Jewish building there would continue.

Announcement of the plan to build 1,600 apartments for Jews in the Ramot Shlomo neighbourhood came during Vice-President

Joe Biden's visit last week, embarrassing him and the Obama administration, angering Palestinians and endangering the start of indirect peace negotiations that are to be mediated by a U.S. envoy.

Adding to tensions was a ceremony yesterday in the walled Old City in east Jerusalem, where Jews rededicated an ancient synagogue destroyed after the war that followed Israel's creation in 1948. Israeli police sent in reinforcements to prevent riots. The synagogue is in the Jewish Quarter, but Palestinians still saw the colorful celebration as an affront. After a

weekend of rare broadsides from top U.S. officials, including Secretary of State Hillary Rodham Clinton, American demands became clear yesterday. The U.S. wants Israel to cancel the construction plan, U.S. and Israeli officials said, speaking on condition of anonymity because no announcement was made

**THE ASSOCIATED PRESS**



**China-bashing returns to U.S. Congress.**

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### Indonesia Footwear frenzy



Shoppers pick out clogs during a sale of Crocs footwear at the Senayan City shopping mall in Jakarta yesterday. The five-day event was aimed at selling 80,000 pairs of footwear at heavily marked-down prices.

### News in brief

**MADAGASCAR** Disaster officials say at least 36 people have died and more than 38,000 were made homeless by Tropical Storm Hubert. The storm hit the southeast coast of the Indian Ocean island nation last Wednesday. Officials also said yesterday that many rice plantations, roads and homes have been affected or destroyed by flooding.

**THAILAND** Protest leaders vowed yesterday to collect blood from tens of thousands of anti-government activists and splash it onto the Thai government headquarters in a symbolic sacrifice to press their demands for new elections. More than 100,000 converged Sunday. **THE ASSOCIATED PRESS**

## Woman sues over wrong implants

**PITTSBURGH** An Ohio woman claims in a lawsuit that a Pennsylvania plastic surgeon used the wrong kind of breast implants on her, then kept her knocked out longer than necessary and continued with the botched operation on the advice of her fiancé.

Brittany Daly filed the lawsuit Friday in Pittsburgh against Dr. Beverly Carl over the 2008 surgery. She is seeking \$300,000 US in damages to have the surgery corrected and for physical and emotional discomfort. Daly contends she de-

### Saline vs. silicone

According to the suit, Dr. Beverly Carl allegedly refunded \$1,050 to Brittany Daly, apologized and tried to persuade her that saline implants were a superior option, according to the lawsuit.

cided on silicone implants on Carl's advice because she was told they were more durable and less likely to ripple or deflate than saline.

But Carl's office had only saline implants available at

the time of the surgery, the lawsuit said.

The woman, was left under anesthesia for at least two hours as the doctor tried to, "in her own words, 'unravel this mistake,'" the lawsuit says.

Daly claims that the doctor kept her under while she told Daly's fiancé about the mistake. Under pressure to provide a response, Sean Daly told the surgeon to go ahead, the lawsuit said, even though her treatment plan didn't empower him to make such decisions. **THE ASSOCIATED PRESS**

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England coach Fabio Capello expressed sadness yesterday that David Beckham's ruptured Achilles' tendon will prevent him from playing at the World Cup. Beckham underwent surgery yesterday on his left Achilles' tendon and Capello remains hopeful that the 34-year-old will be fit for England's European Championship qualification campaign, which begins in September. **THE ASSOCIATED PRESS**

# Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

## McKeever gets Canada's first gold

**PARALYMPICS** Brian McKeever will never forget his Olympic disappointment, but the Paralympic gold medal he won yesterday helped remind him why he keeps racing.

McKeever's victory in the 20-kilometre cross-country ski race for the visually impaired gave Canada its first gold medal of the Winter Paralympics. The win came in an event where McKeever had finished second in his two previous Paralympics.

"That meant a lot," said McKeever, who was almost 42 seconds faster than the second-place finisher.

"That was the one we were waiting to win."

"It's been eight years in the making. That's the one we really wanted."

Yesterday also saw Canada earn gold and bronze in alpine skiing.

Lauren Woolstencroft won the women's standing slalom, while Karolina Wisniewska was third.

Woolstencroft, of North Vancouver, B.C., had a two-run combined time of 1:51.97 seconds, putting her almost seven seconds ahead of Germany's Andrea Rothfuss.

Vancouver's Wisniewska was timed in 1:58.84.

**THE CANADIAN PRESS**



Brian McKeever

## Sens searching for goals

Fisher leaves practice with injury; may not play in Battle of Ontario

### NHL PREVIEW

#### Toronto at Ottawa



**Since returning from the Olympic break, the Ottawa Senators have found goals — and wins — tough to come by.**

When the Battle of Ontario resumes in Ottawa today, the Senators will be looking to solve their scoring woes against the rival Maple Leafs.

Toronto is out of the play-off picture in the Eastern Conference, but the Senators are concerned about their own status coming down the stretch.

"We've got to put more pucks in the back of the net, that's real important," Senators coach Cory Clouston said yesterday after Ottawa returned to practice



Colton Orr of the Maple Leafs and Matt Carkner, right, of the Senators fight during their March 6 game at Scotiabank Place.

following a three-game road trip.

The Senators' task could be even more difficult with the expected absence of Mike Fisher. Fisher left prac-

tice early yesterday for an undisclosed injury, and is doubtful for today's game.

Even before Fisher's injury, Clouston planned to shuffle his lines. Fisher had

been expected to be joined on the second line by Daniel Alfredsson and Matt Cullen.

Alfredsson's spot on the top line with Jason Spezza and Milan Michalek will be taken by Nick Foligno, who's expected to return after missing 13 games with a broken leg.

Ryan Shannon, Peter Regan and Kovalev are another unit and Chris Kelly, Chris Neil and Jarkko Ruutu will be reunited.

A side note for today's game will be the ongoing saga between Ottawa's Matt Carkner and Toronto's Colton Orr, who have fought each other four times this season.

A rematch could be in the cards.

"It's part of the game and everybody loves the story," Carkner said. "Colton's always ready and willing, so we'll see what happens."

**THE CANADIAN PRESS**

## Possible NCAA expansion getting lots of attention

**BASKETBALL** In the overall scheme of things, expanding the field for the NCAA men's basketball championship wouldn't solve or create any problems for most people.

Then why have so many people offered so many opinions on something that's only in the discussion stage, at best, and might not even happen?

Because the three-week-end, 65-team format has become as much a March staple as cold rain in the Northeast and the sound of

batting practice in Florida and Arizona.

Talk about expanding the field, from three more teams — to take away the stigma of a lone play-in game — to as many as 96, is getting much of the attention as the 2010 tournament begins.

The Associated Press asked coaches across the country about their feelings toward expanding the tournament as their teams played in conference tournaments.

Out of 23 coaches who

talked to the AP, the results were roughly split between those favouring expansion to 96 teams, those who like the tournament the way it is but would be open to tinkering with it and those who oppose expansion. Several others said they weren't leaning either way just yet, but they do recognize the opportunity to make money, give more players the chance to experience the tournament,

and — maybe most important — help a few of the 347 head coaches in Division I keep their jobs.

**THE ASSOCIATED PRESS**



**NCAA official defends March Madness from harsh critics.**

Scan code or text NCAA to 82442 for more. Learn how to scan on the Local page.

### Sports in brief

**BLUE JAYS** Miguel Cabrera hit his first homer of spring training helping the Detroit Tigers knock off the Toronto Blue Jays 10-7 yesterday. Marc Rzepczynski went four innings in his longest outing of the spring for the Blue Jays and allowed three runs and six hits. He struck out four.

**BASEBALL** The Los Angeles Dodgers have sent former Cy Young Award winner Eric Gagne to their minor league camp, stalling the closer's bid to make it back to the majors. The 34-year-old from Mascouche, Que., had a 20.25 ERA in three outings during spring training, allowing six runs and eight hits in 2 2-3 innings.

**FIGURE SKATING** Olympic figure skating silver medalist Evgeni Plushenko says he plans to skate at the Sochi 2014 Games in his native Russia. Plushenko, 27, said yesterday in comments carried by Russian state news agencies that he had "proved" his ability during the Vancouver Games, where he narrowly finished second to American Evan Lysacek.

**GUNS** Gilbert Arenas says he deserves to be punished for bringing guns to the locker-room. The suspended Washington Wizards guard told Esquire magazine that he wasn't using "longevity thinking" when he took out four guns in what he says was an attempt to play a prank on teammate Javaris Crittenton in December. **METRO NEWS SERVICES**

### SCOREBOARD

#### NHL YESTERDAY'S RESULTS

Columbus 3 Edmonton 3  
New Jersey 3 Boston 2  
Detroit at Calgary

#### NBA YESTERDAY'S RESULTS

New York 94 Philadelphia 84  
Boston 119 Detroit 93  
Denver at Houston  
Washington at Utah  
L.A. Lakers at Golden State  
New Orleans at L.A. Clippers

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Think-tank calms fears over parity

**With the loonie all but certainly headed for parity with the U.S. dollar, a new analysis argues the danger it poses for Canadian industry may not be as great as many assume.**

The Conference Board weighed in on the subject yesterday with a surprising argument — a strong loonie and currency volatility are a net negative for the economy, but not a major impediment, particularly if firms take steps to adapt.

### Loonie at par this summer?

Bank of Montreal economist Douglas Porter forecasts the Canadian dollar will hit parity this summer and will likely remain at or above that level for the rest of 2010 and most of 2011.

More surprisingly, the think tank said currency fluctuations impact the service sector more than the manufacturing, mining and oil and gas industries, because the latter have found ways to hedge against rapid changes.

The more global and integrated a company is, the

more it can ride out the ups and downs of Canada's relatively volatile currency, the Conference Board said.

"The manufacturing sector was largely able to shrug off the impact of currency volatility prior to the recession," the report points out.

"Most manufacturing in-

dustries managed well, as they are integrated into global supply chains, importing inputs into the production process, investing in imported machinery and equipment, and investing in plants abroad."

In other words, said Louis Theriault, who authored the report, companies that are "internationalized" gain from a high currency in

one aspect of their operations, while losing in another aspect, a kind of seesaw that evens out the bumps. **THE CANADIAN PRESS**



**Toyota disputes "inconsistent" runaway Prius story.**

Scan code or text PRIUS to 82442 for more. Learn how to scan on the Local page.

## U.S. to unveil new policy on broadband

**NET** Communications regulators are unveiling a sweeping proposal to overhaul U.S. broadband policy. Their aim: To bring affordable, high-speed Internet connections to all Americans and make access much faster for people who already have broadband.

Yet it's not certain the Federal Communications Commission can find the funding, corporate support and legal clearance to carry out their entire vision.

Already, broadcasters oppose one key element of the proposal, which calls for reclaiming some airwaves now in the hands of TV stations and instead selling those frequencies to companies that deliver wireless Internet access. And the FCC hopes to modernize the federal program that subsidizes telephone service in poor and rural areas. **THE ASSOCIATED PRESS**

## Montreal tapped as major gateway

**AIRPORTS** The chief executive of Air Canada says Montreal's main airport should grow to become a major gateway to Europe, Africa and French-speaking countries.

Calin Rovinescu told business leaders yesterday that while Trudeau airport will never overtake Toronto's Pearson, it has the potential for more traffic.

Last year, a total of 12.8 million passengers flew through the Montreal airport, six million on Air Canada. Since 2004, Air Canada's traffic through the city has grown by 25 per cent, while its capacity has increased by more than 18 per cent.

While Trudeau airport's growth largely hinges on the state of the economy, channelling connecting traffic will be the key driver for it becoming a more



Air Canada chief executive Calin Rovinescu points out that his airline carried six million of the total 12.8 million passengers who flew through Montreal's Trudeau airport.

important hub, Rovinescu said.

One-third of Air Canada passengers who fly through the airport begin their flights elsewhere. Air Canada's membership in the Star Alliance should help improve that number. For example, the recent ad-

dition of Brussels Airlines will increase traffic to Africa, which stands at just five per cent.

Adding service to Lebanon could be a great opportunity since Montreal has Canada's largest Lebanese community.

**THE CANADIAN PRESS**

## Automakers, power company spark hybrid partnership

**INDUSTRY** Toyota and three other Japanese automakers together with a power company have set up a group to promote electric vehicles by standardizing recharging machines and marketing the technology abroad.

Representatives of Toyota Motor Corp., Nissan Motor Co., Mitsubishi Motors Corp., Fuji Heavy Industries and Tokyo Electric Power Co. gathered at a Tokyo hotel yesterday to announce the association.

The officials said the time may have arrived for electric vehicles to really take off not only in Japan, but also around the world as concerns grow about emissions and dependence on oil. But

the main hurdles to be overcome are better battery technology, costs and having recharging stations in convenient locations.

"Automakers are competing in many aspects, but the entire industry needs to come together and offer convenience for our customers," said Nissan chief operating officer Toshiyuki Shiga.

Nissan is planning to start selling in limited numbers an electric vehicle called Leaf later this year, and Mitsubishi and Fuji Heavy already have electric vehicles on the market. Toyota has begun offering for rental a plug-in version of its hybrid vehicles. **THE ASSOCIATED PRESS**

**"The entire industry needs to come together and offer convenience for our customers."**

Toshiyuki Shiga, Nissan COO

### Business in brief

**DRUGS** Contract drug maker Patheon Inc. is seeing the first signs of recovery in a depressed market, but hasn't been able to take full advantage because of glitches in its supply chain at operations in Cincinnati and Puerto Rico. Patheon chief executive Wes Wheeler said yesterday that the company saw an increase in drug orders at the end of 2009, which contributed to a 5.2 per cent increase in revenues in the quarter. **THE CANADIAN PRESS**

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## Your Money

EDITOR: FERMIN.DESOUZA@METRONWS.CA

## No kidding — the taxman is your friend

AlisonOnMoney



metronews.ca/alisononmoney

As April 30 looms, tremors of fear roll from sea to sea. It's income tax anxiety and, unfortunately, it often stops us from taking advantage of some of the best help available — the peo-

ple who answer the Canada Revenue Agency phones.

Last week I urged readers to take control by doing your own taxes. But whether you are a veteran filer or a novice, chances are you will need to ask a question or two. Same here. Over the years I've benefited greatly from CRA assistance.

Decades ago, as a fledgling writer, a kindly CRA agent explained what I could claim as self-employment expenses and even directed me to pertinent

publications.

When my husband proposed to me on the beach at Catalina Island, my first call (well, maybe not quite the first) was to the tax folk where I learned that losing the equivalent-to-married exemption meant I'd actually pay more tax if got hitched. Hello common law! (That deduction, sadly, no longer applies to the common law crowd.)

Following the death of my father-in-law 20 years ago, we neglected to file an estate return but CRA walked me through an ap-



peal process which resulted in the cancellation of

the substantial penalty.

When our youngest daughter lost her hearing after meningitis struck, CRA helped us through the tricky process of claiming various disability deductions.

After my mother died in December a CRA agent smoothed out a few wrinkles in her financial affairs.

And now I've taken over my father's finances CRA has again provided a service. During a chin wag with an agent she noticed my father had never ap-

plied for the disability deduction for which he is eligible. Once his doctor fills out form T2201, I'll request a reassessment going back years, which could be a nice windfall for dear old Dad.

Of course, with the filing deadline only six weeks away get cozy with a headset for your phone or hit the speaker button since you are likely to be waiting awhile.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



## Why settle in Gatineau?

Lower costs? Better services? Should you make the move?

This week, we break down the numbers and weigh the benefits to find out where a better quality of life may reside.

Don't miss Crossing the Bridge, starting March 15.

You can catch this special weeklong series on

**CBC News Ottawa** **CBC Radio One 91.5** [cbc.ca/Ottawa](http://cbc.ca/Ottawa)



## Telemarketing scams top of list

HEATHER BUCHAN  
for Metro Canada

It's dinnertime. Your phone rings. The caller congratulates you on having won a dream vacation. But you never entered a contest.

This, say experts, is a prime example of telemarketing fraud, which has become one of the most pervasive forms of white-collar crime in Canada.

The GTA alone has hundreds of fraudulent telemarketing operations conducting a variety of schemes, including offering advance-fee loans, credit card "protection," stock swaps, prizes and sweepstakes, and in-

vestment-grade gemstones.

The scope of the operations range from one individual using disposable cell-phones, to "boiler room" offices with dozens of staff.

According to the Competition Bureau, a telltale sign of fraud is when the caller puts pressure to act immediately. Criminals do this because short of expiry dates reduce the risk of being traced by authorities.

Police also explain that in Ontario, it is illegal for loan brokers to charge a fee before a consumer receives the loan. If a caller offers a loan you haven't applied for and requests that a fee be paid upfront, warning bells should be going off.

## Fraud Prevention

## Protect yourself

How to spot fraudulent calls

- Be wary if the caller demands an immediate answer
- Ask all marketing, research or charity callers for detailed written information you can check yourself, time to think about the offer, valid references and the means to contact them, and a call-back number. Then check Revenue Canada's database to ensure it is a legitimate entity.
- If you're suspicious of any call, hang up immediately.
- If you suspect you've been defrauded, call your local police, bank and Phonebusters (1-888-495-8501).
- Canadians are not eligible for out-of-country lotteries. If you're told you've won one, just hang up.

## 5 tips for new home buyers

With spring home buying season in full bloom, Chris Wisniewski of TD Canada Trust offers this list of things Canadians, especially first time buyers, should consider when purchasing a home.

**1** Consider a larger down payment — a 10 per cent or greater down payment will make a big difference to the amount you'll end up paying over time.

**2** Choose your mortgage options carefully — whether you choose a variable rate or a long-term

fixed interest rate mortgage will depend on your comfort with interest rate risk and your ability to carry a higher mortgage payment should interest rates rise. As anticipation about rising interest rates grows, more people may be interested in exploring longer term fixed interest rate mortgages.

**3** Choose a shorter amortization period. Instead of choosing a standard 25 or 35 year period, select a shorter amortization period at the beginning of your mortgage and dramatically reduce the amount of in-

terest you pay over the shortened life of your mortgage.

**4** Make lump-sum payments on your mortgage when you have the extra cash (such as when you receive your tax return). TD Canada Trust mortgage holders can make lump-sum payments of up to 15 per cent each year.

**5** Buy the house that fits your budget not just your lifestyle — too big and you could be giving up that lifestyle just to pay it off.

NEWS CANADA

## On the web



**Investing:** Allan Small says many non-economic factors — politics, war, weather, terrorism to name a few — affect investments and make it more difficult to invest today. Visit [metronews.ca/investing](http://metronews.ca/investing).

**Money Matters:** Henry Choo Chong talks about the difference between allowable business investment loss (ABIL) and capital loss. Visit [metronews.ca/moneymatters](http://metronews.ca/moneymatters).







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One of the largest pubs in Canada is in what is called the Irish Village in Ottawa, where four different pubs under the same roof take up a city block. It is called the Heart & Crown in the Byward Market. **THE CANADIAN PRESS**

# Food



## Authentic Irish pubs

Here are some tips on how to enjoy an authentic Irish experience on St. Patrick's Day and throughout the year: Find an Irish pub by checking online or in the local phone book. The real Irish pubs serve Irish food, music and draught Guinness or a number of the country's brews, and not only on St. Patrick's Day. Go for the atmosphere, including the talking, laughing, singing and dancing. Source: [weareirish.ca](http://weareirish.ca).

THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

### Liquid Assets

Peter Rockwell



[metronews.ca/liquidassets](http://metronews.ca/liquidassets)

### New horizons

Where do I drink from here? It's a

question anyone who enjoys wine will inevitably ask after they've bought a particular bottle for the umpteenth time.

The easiest way to expand your wine horizons is to stick with what you already know. There isn't a single winemaker who's a one trick pony and just about every wine you like will have a bigger (and supposedly better) version of itself waiting in the wings.

But what do you get if you work your way up the liquid ladder?

Let's take Wolf Blass as an example. For many its 2007 Yellow Label Shiraz (\$16.35 - \$18.99) — with its dark black fruit and licorice spice — is a textbook example of what made the grape famously Australian. It's created from fruit grown all over South Australia (a huge area) which helps keep it under \$20.

The Wolf Blass 2006 Grey Label Shiraz (\$34.80 - \$39.99) takes the Yellow Label's personality and increased it by, like, a thousand. Being made from grapes grown in one particular South Australian sub-region (McLaren Vale) gives it more concentration and depth to go along with its higher price tag.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

## Eat like the Irish

Celebrate St. Paddy's Day with grub



Irish Beef Potato Dinner.

### Irish Beef Potato Dinner

This Irish-inspired family-style dinner features potatoes, parsnips, carrots, onions and cabbage.

**MAKES 4 SERVINGS**

#### INGREDIENTS:

- 4 Yukon Gold potatoes (about 650 g/1 1/3 lb total)
- 3 parsnips (about 250 g/8 oz total)
- Salt and pepper, to taste
- 375 g (12 oz) extra-lean ground beef
- 1 onion, chopped
- 5 ml (1 tsp) each dried thyme and Worcestershire sauce
- 500 ml (2 cups) thinly shredded cabbage
- 250 ml (1 cup) halved lengthwise and sliced carrots
- 50 ml (1/4 cup) tomato paste
- 15 ml (1 Tbsp) all-purpose flour
- 425 ml (1 3/4 cups)

sodium-reduced chicken broth

- 125 ml (1/2 cup) frozen peas
- 50 ml (1/4 cup) warm milk
- 15 ml (1 Tbsp) butter

#### METHOD:

Peel potatoes and parsnips; cut into chunks. In a saucepan, cover potatoes and parsnips with cold water; bring to a boil over high heat. Season with salt. Reduce heat and boil gently for 15 minutes or until fork tender.

Meanwhile, heat a large non-stick skillet over medium-high heat. Add beef, onion, thyme and Worcestershire sauce; cook, stirring and breaking up beef with a spoon, until beef is browned, about 5 minutes. Stir in cabbage and carrots.

Whisk tomato paste and flour into broth; stir into skillet and bring to a boil.

Reduce heat, cover partially and simmer for 8 minutes or until vegetables are just tender. Stir in peas and heat through, about 2 minutes. Season with salt and pepper.

Drain potatoes and parsnips; return to saucepan. Add milk and butter; mash until smooth. Season with salt and pepper. Spoon large mound onto each plate; with back of a spoon, make a well in the centre and fill with beef mixture.

### Shamrock Soup

On a day when we celebrate everything green, why not make dinner green too? Broccoli and potatoes make a bright, perfectly smooth and delicious soup that's easy to prepare. The shamrock-shaped cheese croutons add fun, crunch and flavour.



Shamrock Soup.

**MAKES 6 SERVINGS**

#### INGREDIENTS:

- 1 large bunch broccoli
- 15 ml (1 Tbsp) butter
- 3 cloves garlic, minced
- 1 onion, chopped
- Salt and pepper
- 2 potatoes, peeled and chopped
- 1 l (4 cups) reduced-sodium vegetable or chicken broth or stock
- 500 ml (2 cups) milk
- 125 ml (1/2 cup) shredded havarti, cheddar or mozzarella cheese

#### Shamrock Croutons

- 4 to 6 slices whole-grain bread
- Sour cream or plain yogurt (optional)

#### METHOD:

Cut broccoli tops from stalks. Peel stalks and chop coarsely. Cut tops into small florets and set aside separately.

In a large pot, melt butter over medium heat; sauté garlic, onion and 1 ml (1/4 tsp) each salt and pepper for about 5 minutes until garlic and onion are softened. Add broccoli stalks and potatoes and sauté for 1

minute.

Add broth and bring to a boil over high heat. Reduce heat, cover and boil gently for about 10 minutes or until potatoes are almost tender.

Add broccoli florets and boil gently, uncovered, for about 5 minutes or until florets are tender.

Meanwhile, make Shamrock Croutons: Using a shamrock cookie cutter or a sharp paring knife, cut shamrock shapes from bread and place on a baking sheet. Preheat broiler.

In a blender, in batches, or with an immersion blender, puree soup until smooth. Return to pot if necessary. Stir in milk; heat over medium-low heat, stirring often, just until steaming (do not let boil). Remove from heat; stir in cheese until melted. Season to taste with salt and pepper.

Just before serving, broil croutons on each side until toasted. Ladle soup into bowls, top with a spoonful of sour cream, if using, and float croutons on top.

THE CANADIAN PRESS

St. Patrick's Day is tomorrow!

## Sip on something green

**BEVERAGE** There are many ways to celebrate St. Patrick's Day, but you better be sipping on something green.

Forgo the typical choice of beer for a delicious green cocktail. Made with Rosangel Tequila and Midori (giving it that festive green hue), Liquid Luck isn't as Irish as a Guinness, but it's sure a great way to cele-

brate St. Patty's Day.

### Rosangel Liquid Luck (of the Irish)

#### INGREDIENTS:

- 1 part Rosangel
- 1 part white cranberry juice
- 2 splashes Midori
- 1 splash triple sec

COURTESY OF ROSANGEL TEQUILA.  
METRO NEWS SERVICE



Rosangel Liquid Luck drink.

### Food in brief

**PASSOVER** Some facts on the Passover seder:

- It takes place the first two nights of the eight-day holiday and is the most important event in the Passover celebration.
- Leading up to the first night of Passover, the home is cleaned and cleared of all yeast food, called hametz.
- The rules surrounding Passover are strict and many Jewish families allow only spe-

cial foods, utensils and dishware in their homes.

- Only foods that are kosher for Passover are allowed.
- No leavened foods or grains are eaten. Instead, matzo and foods containing matzo are eaten. This is to commemorate the Israelites who fled quickly into the desert with no time for their breads to rise and were forced to bake the dough into hard crackers in the desert sun.

THE CANADIAN PRESS



# Not just for girls any more

Health Canada has approved GARDASIL, a vaccine previously only available to females, for males from the ages of nine through 26 for the prevention of infection and genital warts caused by Human Papillomavirus (HPV). There are 114 new cases of genital warts diagnosed in Canada every day. **METRO NEWS SERVICES**

13

# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

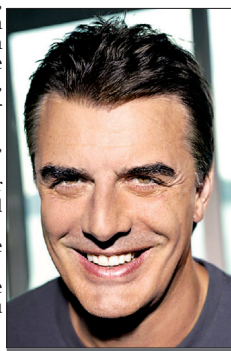
## Taking care of your skin is like working out

JANINE FALCON  
for Metro Canada

**Turns out being a big star doesn't make a guy much different from most, at least when it comes to skincare products.**

The growing variety on retail shelves, although an itty fraction of available lady potions, seems overwhelming, and frankly, shopping around for the latest and greatest holds little appeal. If someone gives you something you happen to like, though, you're loyal. And if you're "Big" actor Chris Noth, you become the North American face of the brand.

"I came here on a job and I couldn't bring stuff on a plane," Noth told Metro during his recent visit to promote his new role as the face of Biotherm Homme.



**"You're on this earth and have to deal with gravity."**

Chris Noth

"I said I needed some stuff, shaving cream, moisturizer. (My agent) brought me the Biotherm and it was, you know, it was simple, it was good."

"I just kept using it and then we formed a relationship with them."

Noth, of course, is known for his role as reformed bachelor Mr. Big in Sex and the City, and currently plays a not-so-good husband on TV's The Good Wife. A self-described "simple" guy, he explained that before Biotherm, he wasn't into skincare.

"I paid no attention to it before. I used anything and nothing."

Now he regards a regimen as part of his routine.

"It's kinda like working out. You do it not just because it helps your body, but it also makes you feel clarity, grounded," he said.

"You're on this earth and have to deal with gravity."

### Manly stuff to try

Among Noth's Biotherm Homme favourites are the Force Supreme Neutralizer Anti-Wrinkle Moisturizer (\$55), and the High Recharge Yeux Anti-Fatigue Cold Eye-Serum under-eye roller (right, \$40), which refreshes tired eyes.

"I keep it in my car," he told Metro.



**Dove Men + Care Extra Fresh Body and Face Wash does double duty, \$6.99**



**Biotherm Homme Force Supreme Neutralizer Anti-Wrinkle Moisturizer to fight signs of aging, \$55**



**Clinique Skin Supplies for Men Age Defense For Eyes to help with under-eye wrinkles and dark circles, \$28**



**La Roche-Posay XY Homme Anti-Redness Normalizing Balm to calm post-shave skin, \$27**



**Gillette Fusion Power MVP razor micro-pulses for a shave more comfortable for sensitive skin, \$12.99**



**Clarins Men Active Face Scrub to get rid of flaky patches, \$32. Anti-Wrinkle Moisturizer to fight signs of aging, \$55**



**Neutrogena Men Skin Clearing Shave Cream with salicylic acid for anti-acne assistance, \$5.99**

### Pace yourself

**FITNESS** Spring means it's time to hit the links, the courts and the fabulous outdoor paths in our great cities. But if you haven't done much physical activity all through the winter, it's important to build up your activities gradually.

"Ensure gradual increase in training loads and progressions," says Carl Petersen, a partner and director of high performance training at City Sports & Physiotherapy Clinics in Vancouver, B.C.

"Men are less flexible than women and therefore need to do a dynamic warmup prior to any activity," he says. "Research shows that doing stretches after the activity and again before bed will give a 50 per cent decrease in lower extremity overuse injuries."

CELIA MILNE/METRO CANADA

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**AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE**

When it comes to helping protect your oral health, you can count on your dentist to be there when you need him/her. **The question is will you be there when you need to be?**

You should understand that you **"need" to be looking after your oral health every day** – not just when you start to feel some pain or discomfort. The problem is that so many people fail to take to heart that old truism that "an ounce of prevention is worth a pound of cure". In terms of oral health, that ounce of prevention can truly save you a lot of money, time and discomfort.

It is estimated that approximately **one third of North Americans do not visit a dentist on a regular basis or at all**. It means that one third of the population could be suffering from undiagnosed periodontal problems, may have extensive decay that is leading them toward premature tooth loss, or even experiencing the early stages of oral cancer.

So what are the best ways to prevent these health problems? Start with **regular brushing and flossing**. Brushing should be done at least twice per day. Electric toothbrushes generally do the best job, but only if you invest the time to use them properly.

That means making sure every surface of the tooth is brushed...tops, fronts and the backs. Time is important too. **If you are brushing for less than two minutes, odds are you are leaving behind debris that could build up to plaque** – that wonderful, bacteria-filled substance that is responsible for decay.

You also need to make sure you **change the head of your toothbrush** at least every three months. Otherwise, the bristles will wear down and become less effective at removing debris.

**Flossing is also key**, as no matter how diligently you brush your teeth, you simply cannot get in between the teeth with a toothbrush. Using floss to remove the food between the teeth is

vital to guard against tooth decay and the development of gum disease.

Yet so many people fail to take the simple, preventative step of flossing regularly. If people really understood the extent to which flossing can help prevent other oral health care issues from arising, perhaps they would be more willing to invest the time needed to floss regularly and properly. Ask your dentist for flossing tips to make sure you are doing the best job possible.

**Finally, visiting your dentist is vital to preventative oral health care.** Early treatment of detected periodontal issues might save you from expensive, perhaps uninsured, periodontal surgery. Teeth that might be lost could be saved if problems are spotted. Of course, your dentist is the best person to spot the early signs of oral cancer.

The bottom line is a small investment of time in your oral health care can save you a lot of pain and discomfort down the road. So brush, floss and visit your dentist regularly...because preventing oral health care issues from arising is a healthy habit...and healthy habits lead to healthy lives!

**Dr. Martin LaBoissonniere - Dental Surgeon**

Colin Farrell and Robert Duvall are among those bringing films to the Tribeca Film Festival in New York. The festival announced the bulk of its lineup yesterday. Making its U.S. premiere will be Neil Jordan's *Ondine*, starring Farrell and Duvall in *Get Low*. **THE ASSOCIATED PRESS**

**Duvall, Farrell bring movies to Tribeca**

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## A revolution in music

### How mobile devices are changing the industry

#### TheAudioFiles

**Bryan Borzykowski**

metronews.ca/music

Among all the music, films and business deals currently going on at this year's South By Southwest conference in Austin, Texas, are

more than 50 presentations related to the cellphone. From mobile design and advances in coding to how NASA uses mobile technology, every minuscule facet of the business seems to be covered.

Naturally, a number of talks, most of which happened this past weekend, centre around how mobile tech is changing the music industry. "How Pandora Navigated the Smartphone Seas" discussed how the popular streaming music

service adapted to BlackBerry and iPhones, while "How to Access The Chinese Music Market" focused on how artists can take advantage of that country's 700 million cellphone users. But no matter how many experts wax poetic on the future of mobile innovation, one thing's certain — the smartphone is the biggest thing to hit the music industry since the Mp3.

The music biz took to the cellphone industry early —

ringtones put buckets of cash into the pockets of labels, and mobile music is a big reason, according to the International Federation of the Phonographic Industry, which estimates that 27 per cent of the music industry's global revenues came from digital sources.

But mobile music is still in its infancy. Labels are still trying to get a handle on the digital shift, which means they'll (hopefully) be willing to try anything



#### More than friends

David Schwimmer is engaged. The former *Friends* star, 43, asked for Zoe Buckman's hand in marriage after the 24-year-old British photographer recently moved to the U.S. to be closer to him. **FEMALEFIRST.CO.UK**



Many artists are reaching out to fans via mobile devices. Death Cab For Cutie's app lists concert dates, lyrics, artwork and videos.

to boost revenues, including introducing innovative apps and services to cellphone users.

One product that critics claim could dramatically alter the music industry is Spotify, a streaming music site that's only available in a few European countries right now. Like its desktop counterpart, the iPhone app lets users stream (online and offline) more than 3.8 million songs wherever they go. Imagine having access to the entire iTunes catalogue for about ten bucks a month on your phone (or free on the CPU version), and you can understand why some people think this product — and the mobile version specifically — will revolutionize the music business.

It's not just music-consuming programs that are shaping the way we interact with our phones; a growing number of artists are reaching out to fans via mobile apps. Death Cab For Cutie's app lists concert dates, lyrics, artwork and YouTube videos, while T-

Pain's program famously included an auto-tune function that let his followers alter their voice like the rapper did on his most recent record.

While T-Pain's app didn't let you record your voice, others do. In fact, you can record entire songs on a number of mobile four-track apps such as FourTrack and GigBaby.

The future of mobile is yet to be written, but imagine downloading songs from a concert a few minutes after they're played, remixing tracks on your phone at a party, or even contributing vocals to your favourite artist's album while you're at work. Whether you like it or not, the music industry is changing in ways that most of us can't even imagine.

There's only one thing that will slow down the mobile music experience — forgetting to recharge your phone.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic.



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#### Entertainment in brief

**PEOPLE** A Toronto Jewish memorial chapel said yesterday that it would help defray the costs of Corey Haim's funeral, while fellow actor Corey Feldman said another memorial will be held in Los Angeles. An administrator with the Steeles Memorial Chapel said the actor's family will get assistance

in its time of need. "We're here to help the family and do whatever we can for them," Marla Stewart said of Haim's funeral costs. "That's what we do, we're known for that." Haim is expected to be laid to rest in Toronto today. His mother requested it be a private memorial.

**THE CANADIAN PRESS**

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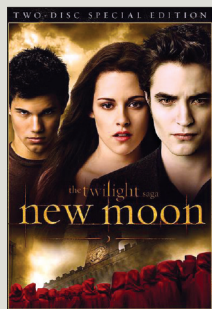


**Hoffman takes director's chair**

Dustin Hoffman is planning to step behind the camera to officially direct his first movie at the age of 72. The Oscar winner is reportedly in talks to take charge of new film Quartet. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)



**DVD picks**



**Twilight Saga: New Moon**

Directors: **Chris Weitz**

**IT'S FANGS FOR** the memories in this second chapter of the Twilight saga, out on DVD Saturday, as the love between human teen Bella (Kristen Stewart) and her vampire beau Edward (Robert Pattinson) becomes even more of the mind than the body.

There's no sophomore slump here, quelling fan fears that a switch of directors from Catherine Hardwicke to Chris Weitz might bite into the emotional continuity of this unorthodox romance.

Picking up where franchise starter Twilight ended, New Moon's main drama begins at Bella's 18th birthday party. A seemingly innocuous accident provokes an unforeseen and potentially fatal response. His actions are the catalyst both for heartbreak and the deepening of desire.

Extras include a commentary by Weitz and editor Peter Lambert, a six-part documentary, rehearsal footage and music videos.

**Broken Embraces**

Directors: **Pedro Almodóvar**

**THE POSTER IMAGE** of an agitated Penélope Cruz dressed all in red unmistakably marks this as a Pedro Almodóvar movie, another adventure in primary colour and emotion with his favourite muse.

Andy Warhol's stylish disarray might have been a better reference point for this crazy quilt of a picture, at least half of which doesn't seem like the work of Almodóvar.

Almodóvar shifts time, identity, moods and films-within-films with dizzying abandon, never losing control but never quite pulling everything together, either.

Extras include deleted scenes, interviews, and the Almodóvar short The Cannibalistic Councillor.

Peter Howell/for Metro Canada

# Fell in love with the North

From Iqaluit to P.E.I., film captures White Stripes' cross-Canada tour

**PHIL BROWN**  
for Metro Canada

In 2007 the minimalist rock duo The White Stripes embarked on a special tour across Canada. Jack and Meg White vowed to play in every province and territory from P.E.I. to Iqaluit, creating spontaneous shows wherever they went.

This led to some pretty strange one-off gigs including a one-note show in St. John's and a bowling alley performance in Saskatoon. It was a bizarre tour that was filmed for the documentary The White Stripes Under the Great White Northern Lights, out on DVD today. Shot in a low-fi style that mimics the band's aesthetic, the film is a love letter to The White Stripes and Canada that should please fans and local audiences alike.

Surprisingly, this documentary was almost an afterthought for front man



The White Stripes Under the Great White Northern Lights, out on DVD today, chronicles the band's 2007 tour of Canada during which they played in every province and territory.

Jack White, who was more interested in the experience of touring across Canada than he was in filming it.

"The tour itself came first and the documentary came second," White told Metro. "Meg and I wanted to explore this gigantic frontier

right next to where we'd grown up in Detroit that was so untouched by not just our band, but touring bands in general. After doing some research we couldn't even find a Canadian band that had toured every province and territory. Also, half of our family

goes back to Nova Scotian roots for about three or four generations and we thought it would be a perfect place to have our 10th anniversary show."

Though it wasn't the impetus for this specific project, White did admit that he'd always had a desire to

**"Meg and I wanted to explore this gigantic frontier right next to where we'd grown up in Detroit that was so untouched."**

Jack White

make a tour documentary: "When you're on tour you tend to watch a lot of films about bands on the tour bus. I kept saying that this is definitely one of those movies that would be the first thing we would buy before we hit the road."

White feels proud about the project if only because it highlights some of the strange free one-off performances that he played for audiences completely unfamiliar with The White Stripes. "I live for those moments and the energy that comes from playing with an audience that has no interest in what Meg and I do," said White.

	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/16/10	265	353	2	TVO	Blue Realm	The Agenda With Steve Paikin	Father & Son (Part 3 of 4) (N)	The Cosmos	The Cosmos	Agenda-Paikin	
	211	331	3	GTV	Entertainment	ET Canada	NCIS: Jurisdiction (N)	NCIS: Los Angeles (N)	The Good Wife "Heart"	News Hour	
	-	-	5	SRC	Virginie (SC)	La Factice	Providence (HDTV) (SC)	Musée Eden (N) (SC)	Le Téléjournal Nouvelles (SC)	La Zone (SC)	
	209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Lost "Dr. Linus" (HDTV)	The Middle	Old Christine	FlashForward (HDTV) (N)	Comedy Now
	196	311	7	CTV	Lost "Recon" (HDTV) (N)	American Idol (HDTV) The 12 finalists compete. (Live)	Rick Mercer	22 Minutes (N)	Kids in Hall	Comedy Fest	CBC News: The National
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser (N)	Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)	Flashpoint (SC)
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)	Flashpoint (SC)	L'Attaque à 5 (N)
	117	713	10	TVA	La Fièvre de la danse (SC)	CSI: NY (SC)	Envers des grands magazines	Rien ne va plus (1997, Suspense)	Isabelle Huppert	NCIS: Los Angeles (N)	The Good Wife "Heart"
	-	-	11	OS	Big Brother QC	Roxy (SC)	Envers des grands magazines	Rien ne va plus (1997, Suspense)	Isabelle Huppert	NCIS: Los Angeles (N)	The Good Wife "Heart"
	137	763	12	TFO	Panorama	The Insider (N)	Judge-Brown	NCIS: Jurisdiction (N)	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TwoHalf Men
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS: Jurisdiction (N)	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TwoHalf Men	King/Queens
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TwoHalf Men	King/Queens	Cold Case
	214	344	15	CITY	Law & Order: Special Victims	The Office	The Purple Rose of Cairo *** (1985)	The Commitments *** (1991, Musical)	Robert Arkins, Johnny Murphy	FlashForward (HDTV) (N)	News
	115	343	16	CFMT	TwoHalf Men	The Office	The Purple Rose of Cairo *** (1985)	The Commitments *** (1991, Musical)	Robert Arkins, Johnny Murphy	FlashForward (HDTV) (N)	News
	218	345	18	CHCH	The Purple Rose of Cairo *** (1985)	The Commitments *** (1991, Musical)	Robert Arkins, Johnny Murphy	FlashForward (HDTV) (N)	News	News at 11 (N)	News
	-	361	20	ABC	Action News	Entertainment	Lost "Dr. Linus" (HDTV)	Heure polit.	L'Heure politique	100 Huntley Street	Life Today
	512	396	24	CPAC	La Période de questions	Little House on the Prairie	Dr. Quinn, Medicine Woman	American Idol (HDTV) The 12 finalists compete. (Live)	Tavis Smiley Reports	At Close Range With National	Law & Order: Special Victims
	651	355	25	CTS	TMZ (N)	Seinfeld	NOVA (DVS)	American Idol (HDTV) The 12 finalists compete. (Live)	Tavis Smiley Reports	At Close Range With National	Law & Order: Special Victims
	-	365	36	FOX	Business Rpt.	Help Wanted	NOVA (DVS)	American Idol (HDTV) The 12 finalists compete. (Live)	Tavis Smiley Reports	At Close Range With National	Law & Order: Special Victims
	205	312	104	CTV	Lost "Recon" (HDTV) (N)	The Lang & O'Leary Exchange	Situation Room-Wolf Blitzer	Rogers House	NHL Hockey Toronto Maple Leafs at Ottawa Senators. (HDTV) (Live)	Sportsnet Connected	UEFA Soccer
	502	390	26	NW	The Lang & O'Leary Exchange	Situation Room-Wolf Blitzer	Rogers House	NHL Hockey Toronto Maple Leafs at Ottawa Senators. (HDTV) (Live)	Sportsnet Connected	UEFA Soccer	UEFA Soccer
	500	500	33	CNN	Situation Room-Wolf Blitzer	Rogers House	NHL Hockey Toronto Maple Leafs at Ottawa Senators. (HDTV) (Live)	Sportsnet Connected	UEFA Soccer	UEFA Soccer	UEFA Soccer
	406	417	27	net	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal	Le Téléjournal
	126	730	38	TSN	That's Hockey! World Poker Tour: Season 7	30 for 30 (HDTV)	Opera Repo	Opera Repo	Ghost Hunters International	Destin. Truth	Pass Time
	400	280	30	RDI	That's Hockey! World Poker Tour: Season 7	30 for 30 (HDTV)	Opera Repo	Opera Repo	Ghost Hunters International	Destin. Truth	Pass Time
	410	403	52	SCR	Cabby Unlimt.	Mar. Madness	College Basketball	Destination Truth	Monster Jam (HDTV) (N)	Dangerous Drives (HDTV)	Pass Time
	411	457	56	OLN	Ghost Hunters	NASCAR Hub	Race in 60 (HDTV)	Atlantis	Futurama	King of the Hill	American Dad
	417	406	59	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV)	Atlantis	Futurama	King of the Hill	American Dad
	554	544	48	TEL	Ben 10: Alien Swarm	2009, Science Fiction	Atlantis	Futurama	King of the Hill	American Dad	Futurama
	552	540	51	FAM	Suite/Suite	Suite Life	Scorpion	Ranked!	Criminal Minds (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)
	551	542	65	YTV	ICarly	Scorpion	Ranked!	Criminal Minds (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)
	570	580	29	MTV	The Daily Fix	Criminal Minds (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)
	615	520	31	A&E	Criminal Minds (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)
	628	584	32	SPKE	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)
	521	560	34	TLC	Ultimate Cake Off	6 Going on 60 (HDTV)	Découvrir le monde	Parlir autrement	Anna's Storm (2007, Action)	Sherie Wilson	Drop Dead Diva (HDTV)
	145	761	35	TV5	Zoom animal	Anna's Storm (2007, Action)	Sherie Wilson	Drop Dead Diva (HDTV)	Anna's Storm (2007, Action)	Sherie Wilson	Drop Dead Diva (HDTV)
	616	521	40	BVO	Relic Hunter	Live at the Rehearsal Hall	How It's Made	How It's Made	Reba	Reba	Party Mamas
	620	523	49	SHO	To Dublin With Love	How It's Made	How It's Made	Reba	Reba	Reba	Party Mamas
	520	505	42	DIS	Daily Planet (N)	How It's Made	How It's Made	Reba	Reba	Reba	Party Mamas
	575	583	43	CMT	Amer. Funniest Home Videos	Rich Bride Poor Bride	22 Minutes	Family Guy	Family Guy	Family Guy	Family Guy
	601	562	45	SLC	Rich Bride Poor Bride	22 Minutes	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	625	548	46	COM	Air Force	22 Minutes	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
	294	529	47	TBS	House Hunters	Property Virgin	Stargate Atlantis	Peak Season	Cribs	Cribs	Parent Control
	600	564	49	H&G	House Hunters	Property Virgin	Stargate Atlantis	Peak Season	Cribs	Cribs	Parent Control
	627	528	50	S&P	Stargate Atlantis	Peak Season	Cribs	Cribs	Parent Control	Parent Control	Parent Control
	581	566	53	MTV	Peak Season	Cribs	Parent Control	Parent Control	Parent Control	Parent Control	Parent Control
	618	524	54	TROP	The Celebrity Apprentice	Each team must run a diner.	Cities of the Underworld	Ondes de choc	May-December	When I Laugh	Shopping Bags
	522	506	55	HS	Ancient Discoveries	Cities of the Underworld	Ondes de choc	May-December	When I Laugh	Shopping Bags	Shopping Bags
	129	773	60	CHD	Biographies "Michel Dumont"	May-December	When I Laugh	Shopping Bags	Shopping Bags	Shopping Bags	Shopping Bags
	261	394	61	V	Murder, She Wrote	Shopping Bags	Shopping Bags	Shopping Bags	Shopping Bags	Shopping Bags	Shopping Bags
	602	567	62	W	Supernanny	Fish Out of	Mixed Blessing	Look-A-Like	TMZ	Look-A-Like	TMZ
	269	590	70	APTN	Fish Out of	Mixed Blessing	Look-A-Like	TMZ	Look-A-Like	TMZ	Look-A-Like
	621	527	71	TLK	Look-A-Like	Mixed Blessing	Look-A-Like	TMZ	Look-A-Like	TMZ	Look-A-Like
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible	Hell's Kitchen	Good Eats	Good Eats	Restaurant

**critics'corner**

**The Good Wife**

In a case that plays out in an emergency courtroom set up in a hospital, Alicia and Will battle tough-talking litigator Patti Nyholm and a monolithic health insurance company that refuses to pay for urgent in-utero surgery. Alicia decides to give Peter a proper welcome home in the new episode "Heart." 10 PM on 13 CBS 3 GTV



**Kids in the Hall: Death Comes to Town**

Who says public executions are a thing of the past? Not in Shuckton. In the season finale, Mayor Marilyn orders an execution open to the whole community, but just in the nick of time, the truth about recent events in town is revealed. 9 PM on 8 CBC

**Natalie MacMaster & Friends**

To avoid confusion, please note that MacMaster is not the focus of this special. The focus is Cape Breton music and culture, which is captured in this film of a concert performed by the music troupe Cape Breton Live. So expect tons of fiddling, step-dancing and corny comedy. 9 PM on 40 BVO





It wasn't a love for butchered cover songs that led Ellen DeGeneres to the American Idol judges' panel. "I was like, 'Honey, that's it. Go get another job,'" Ellen's wife Portia de Rossi tells People with a laugh. "I'm that demanding." **METRO NEWS SERVICES**

## Celebrity Buzz

# Miley, mom both crushed on Liam

**SOUNDS LIKE AN EPISODE OF HANNAH MONTANA** Miley Cyrus fell for Australian actor Liam Hemsworth when they starred together in new movie The Last Song and the Hannah Montana star admits she initially didn't want to date the 19-year-old hunk because he is "too pretty," femalefirst.co.uk reports.

She said: "I don't know who had a bigger crush on him at the be-



ginning, my mom or me. I was like, 'No, maybe he's just too pretty. I don't want to be with someone who's better

looking than me. That's like awkward."

Hemsworth has also spoken about how the pair gradually became closer during shooting — on which Miley's mother Tish was the executive producer — because they were "each other's only friend." He said: "We spent a lot of time together. We're shooting together every day and together on weekends and we were kind of each other's only friends down there. We just got really close. We enjoyed being around each other."

**METRO WORLD NEWS**

# Norton gets some Love

**NOTE TO NORTON: YOU ESCAPED ONCE, DON'T REFRIND HER** Courtney Love has been making nice with Edward Norton after admitting she was wrong to accuse him of losing \$300,000 US of her money on an investment, according to Rush and Molloy.

Love says Norton has also been "a force



of good" in reestablishing community

cation with her daughter, Frances Bean Cobain, who has a restraining order against her mother. "I feel very bad," Love says about criticizing Norton.

"I have the greatest respect for Edward. He could be the president of the United States. I could be his drug czar."

**METRO WORLD NEWS**

# 50 Cent bodyguard arrested

**BUT TO BE FAIR, A PRECEDENT HAS BEEN SET HERE, LADY** A security guard for 50 Cent has been arrested in Copenhagen for assaulting several paparazzi outside a hotel, according to Radar Online.

"A man has been charged with assaulting two photographers. We don't release the name of the



person involved, but it's my understanding

he works for 50 Cent," a Copenhagen police official says. Nikolaj Vraa, one of the members of the press involved, tells the website that he feared for his life.

"One of 50 Cent's bodyguards came out and told us to leave," he says. "The next thing I knew, he grabs my throat and tried to strangle me."

"He cut off my airway, and I couldn't breathe. He took my camera and deleted photos."

**METRO WORLD NEWS**

# Emma has a Latin lover

**I WONDER IF SHE WILL SOON BE LIVING LA VIDA LOCA?**

Harry Potter star Emma Watson has reportedly found a new man while at college in the U.S., according to the Daily Mail. Classmates say Watson has been getting cozy with Spanish musician and fellow



Brown University student Rafael Cebrian since her split from boyfriend Jay Barrymore.

And Cebrian has even influenced Watson's acting choices, convincing her to join the cast of a student production of Chekhov's The Three Sisters, which has already sold out. "This is a new experience for Emma and she's a little nervous about her performance," a source says.

**METRO WORLD NEWS**

# No sex, just pot brings cops

**I'M SURE IT WAS PURELY FOR MEDICINAL PURPOSES** A new unauthorized book about Angelina Jolie and Brad Pitt claims that a 2005 incident in which police in Kenya stormed the cou-



ple's hotel room wasn't brought on by their loud lovemaking, as previously reported.

Instead, the cops showed up because someone at the hotel smelled marijuana smoke, according to Life & Style magazine. Police reportedly searched the room without finding anything.

**METRO WORLD NEWS**

# Luz part of Madonna's family

**HE MAKES A GREAT BIG BROTHER** Brazilian model Jesus Luz — who has been in a relationship with Madonna for around 15 months — feels like he has a complete family of his own since he started dating the 51-year-old star, who has four children, Lourdes, 13,



Rocco, nine, Mercy, five, and four-year-old David.

The 23-year-old hunk told Brazil's RG Vogue magazine: "I consider myself a married man. I have a family. At my age, my father was also married. My mother gave birth to me when she was 15."

**METRO NEWS SERVICES**

# Piers picking top UK stars

**DOES HE MAKE HIMSELF NO. 1?** America's Got Talent judge Piers Morgan is busy judging people in his home country as well, compiling a list of the 100 top celebrities in the U.K. for the Mail on Sunday. Making the top 10 are David Beck-



ham, Robert Pattinson, Paul McCartney and Kate Moss, but Morgan saves the top spot for his boss, reality TV tycoon Simon Cowell. Oscar-winning actress Helen Miren comes in at 12, while James Bond star Daniel Craig is No. 18.

**METRO WORLD NEWS**

Follow these celebrities on Twitter...

## CelebTweets

**AXL ROSE** finds showering electrifying, **KAT DENNING**s finds new ways to amuse herself, **ADAM LAMBERT** is feeling out of place, and **LADY GAGA** is nothing if not practical.

@axlrose

So I'm in the shower at the gig after t Sao Paulo show n' when I touch the faucet I get a jolt of electricity!! Wtf!!

@OfficialKat

Sometimes I prod my face and try to imagine what my skull looks like

@adamlambert

Sometimes I wish I could time travel to 1969.

@ladygaga

Once you kill a cow, you got to make a burger

**METRO NEWS SERVICES**

# Conrad wears her own designs

**AND SHE'S NOT JUST SAYING THAT TO GET YOU TO BUY HER CLOTHES** When Lauren Conrad needs a wardrobe update, she looks no further than her own collection for Kohl's.

"I think if you're not willing to wear your own clothes, you're doing something wrong. This line was meant to be about my style and pieces I want to walk into a store and want to buy. If you're not wearing your own line, you're taking all the fun out of it," the former reality star tells glamour.com.



**METRO WORLD NEWS**

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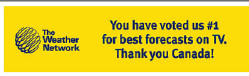
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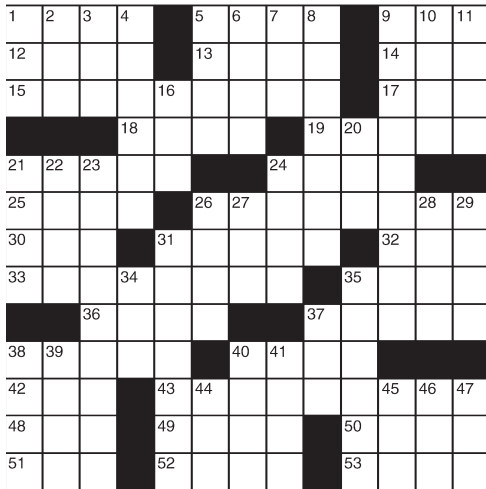
EST. 1896





For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



### ACROSS

- 1 October birthstone
- 5 Loosen
- 9 Explosive, for short
- 12 Suitable
- 13 Appear
- 14 — de cologne
- 15 Nashville's home
- 17 Pen point
- 18 Pub missile
- 19 Punch bowl accessory
- 21 Pumpkin eater of rhyme
- 24 Plain and simple
- 25 Finished
- 26 Press agent?
- 30 Family
- 31 Centrifuge inserts
- 32 "— Got a Secret"
- 33 Style
- 35 Nicholas, for one
- 36 "— the Knife"
- 37 Meadow
- 38 Last Greek letter
- 40 Burn somewhat
- 42 Chignon
- 43 Octopus' arms
- 48 Superlative suffix
- 49 "— go brag!"
- 50 Slender
- 51 "Of course"
- 52 Facts
- 53 Whirlpool

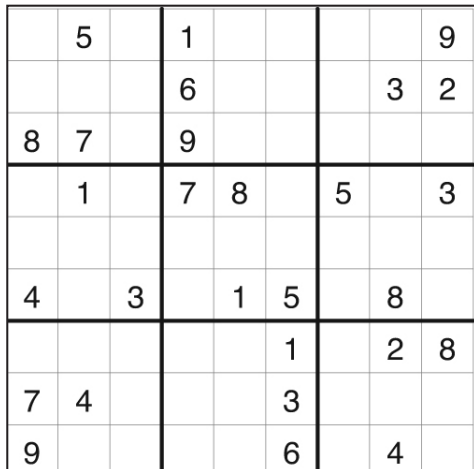
### DOWN

- 1 Frequently
- 2 Chart format
- 3 Landers or Curry
- 4 Shylock, e.g.
- 5 Cold War initials
- 6 Bird's home
- 7 Sandra or Ruby
- 8 Brunch entrees
- 9 Treat meat?
- 10 Hammer's target
- 11 Toothpaste holder
- 16 Listener
- 20 Onassis, familiarly
- 21 Jab
- 22 Badder than bad
- 23 Some urban homes
- 24 Guy
- 26 Squealer
- 27 Fond du —, Wisconsin
- 28 Squished 35-Down
- 29 Dweeb sort
- 31 Stopped occupying
- 34 Joke
- 35 Ring, geometrically
- 37 Air safety org.
- 38 Do as I say
- 39 Ponder
- 40 Fit of peevishness
- 41 Sicilian spouter
- 44 Mound stat
- 45 Young bloke
- 46 Remnant
- 47 Firmament

### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

ENDS	AISH	QUAID	5	6	2	7	3	1	9	4	8
MAUNA	LOA	URSA	7	4	8	9	6	2	5	1	3
SEBEL	TUS	ADAR	1	3	9	4	5	8	2	6	7
AFT	ABRUPT										
PARKA	SPOT										
CLOY	SALAZAR										
TEL	SILAS	REF									
CLINTON	VEAL										
TURN	DIARY										
WASABI	BAS										
HULL	GEITHNER										
ETUI	HABANERA										
YOGA	TUB	UTAH									



### Metro Recipe of the Day



### Cod with Spicy Lentils

#### INGREDIENTS:

- 1 tbsp olive oil, divided
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 leeks, chopped
- 1 red chili pepper, seeded and finely chopped
- 1 cup lentils, rinsed and drained
- 4 cups vegetable broth
- 1 sprig fresh thyme
- 1 bay leaf
- Juice of 1 lemon
- Pinch of cayenne pepper
- 4 skinless cod filets or cod steaks
- Salt and pepper

#### METHOD:

1. Preheat broiler. Heat half of olive oil in pot, add onion, celery, leeks and chili pepper; cook 2 minutes. Stir in lentils. Add vegetable broth, thyme and bay leaf; bring to boil. Lower heat and simmer

until lentils are tender, 20 minutes. If lentils have not absorbed all broth, drain.

2. Meanwhile, mix remaining oil, lemon juice and cayenne pepper. Lay cod on broiler pan, skinned side up, season lightly and brush with oil mixture. Broil until fish will flake easily, 6 to 7 minutes. There is no need to turn fish over.

3. Spread lentils on warmed serving dish and arrange pieces of cod on top. Serve immediately.

#### SERVES 4

[rd.ca](http://rd.ca)

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



### Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

#### ARIES MARCH 21-APRIL 20

If you are looking for ways to make your social life more exciting you will most likely find them in places you have rarely if ever been to before.

#### LIBRA SEPT 23-OCT 23

Do your own thing, in your own way, at your own speed today and don't let anyone persuade you that you should be doing something else.

#### TAURUS APRIL 21-MAY 21

Family and financial matters will go well today and if you've had problems in these areas in recent weeks you will find they are more manageable.

#### SCORPIO OCT 24-NOV 22

Nothing in life is impossible. Some things may be more difficult than others but for Scorpio the sky really is the limit. Aim to do even better.

#### GEMINI MAY 22-JUNE 21

Something will put a smile on your face today. Whatever it is will remind you that life is worth living. Share your joy with your friends.

#### SAGITTARIUS NOV 23-DEC 21

There is no telling how far you can travel or how much you can achieve if you put your mind to it over the next few days.

#### CANCER JUNE 22-JULY 22

Your problems are not as bad as you think they are. In fact, most people you know would happily trade places with you this very minute.

#### CAPRICORN DEC 22-JAN 20

Get together with some fun characters today — the sort of people who are not afraid to take a few risks. You have been far too conservative of late.

#### LEO JULY 23-AUG 23

You may be on your best form at the moment but are you on your best behavior? Others may complain that you don't take life seriously enough.

#### AQUARIUS JAN 21-FEB 18

Make the most of each and every opportunity that comes your way and don't fall into the trap of thinking that your happiness depends on other people.

#### VIRGO AUG 24-SEPT 22

An offer that sounds too good to be true will set the alarm bells ringing in your brain today, but don't be too eager to dismiss it as a trick or a gimmick.

#### PISCES FEB 19-MARCH 20

Once in a while something happens that catches you unaware and what takes place today will certainly shake you up a bit.

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Please add \$50 for Sat. departures

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Mar. 19, 20 & 21 • 1 wk.

**\$599**

\*Taxes & other fees (including service charges): \$229  
Departure tax: 25 CUC cash, paid locally  
Please add \$30 for Sat. & Sun. departures

#### ST. MARTIN/ST. MAARTEN via Toronto

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Luxe island view rm.  
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\*Taxes & other fees (including service charges): \$234

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#### Samana via Toronto

Gran Bahia Principe Cayacoa • 4 ★

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Mar. 20, 21, 27 & 28 • 1 wk.

**\$569**

\*Taxes & other fees (including service charges): \$314  
Please add \$50 for Sun. departures

#### La Romana via Toronto

Gran Bahia Principe

La Romana • 4 1/2 ★

All-Inclusive • Junior suite

Mar. 20 & 27 • 1 wk.

**\$699**

\*Taxes & other fees (including service charges): \$314

Apr. 3 • 1 wk.

**\$739**

\*Taxes & other fees (including service charges): \$314

### JAMAICA

Iberostar Rose Hall Beach • 4 1/2 ★

All-Inclusive

Standard garden view rm.

Apr. 3 • 1 wk.

**\$1259**

\*Taxes & other fees (including service charges): \$266

### JAMAICA

Sunset Jamaica Grande  
Resort & Spa • 4 ★

All-Inclusive • Standard rm.  
Mar. 20 & 27 • 1 wk.

**\$799**

\*Taxes & other fees (including service charges): \$266

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\*Taxes & other fees (including service charges): \$218

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Mar. 22 • 1 wk.

**\$1129**

\*Taxes & other fees (including service charges): \$218

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### Royal Caribbean International<sup>1</sup> Navigator of the Seas<sup>®</sup>

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**\$829**

\*Taxes & other fees (including service charges): \$95  
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### JAMAICA via Toronto

Breezes Bonanza<sup>®</sup>

Super-Inclusive<sup>®</sup>

Run of the house

Apr. 19-22 & 27-29 • 1 wk.

**\$1149**

\*Taxes & other fees (including service charges): \$276  
Please add \$50 for Sat. & Sun. departures

Breezes Resort, Bahamas



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